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HALEY RITCHIE/METRO

'VERY SIGNIFICANT'

Ottawa high school students give Canada's first PM a fresh look with new mural in Sandy Hill

metroNEWS

The unexpected impact of light rail on downtown core

TRANSPORTATION

Biggest battle for road space likely to be waged on Scott St.



Emma Jackson
Metro | Ottawa

We all know light rail is going to change this city — but maybe not entirely in the way we thought.

The downtown core could become more accessible to pedestrians and cyclists, while the Queensway will have an added lane for drivers.

Slater and Albert Streets could look strikingly different as the city converts their long-serving rapid transit lanes to "non-car uses" like cycling, walking and landscaping, said transportation planning manager Vivi Chi.

On Highway 417, meanwhile, drivers might actually get a bit of a break when the newly-built bus lanes between Nicholas Street and the split are reverted back to general traffic lanes.

If you subscribe to the theory of induced demand, though, wider highways simply mean more cars — so congestion could soon be just as painful as it was before, said Kitchissippi Coun. Jeff Leiper.

But the biggest battle for road space will likely be waged on Scott Street, where community associations are mobilizing to stop the city from returning their main road to four lanes of traffic once detoured. Transitway buses are no longer demanding two lanes.

"(The congestion problem) really hasn't been a disaster," said Hintonburg Community Association president James Valcke. "What that telegraphs to us is four lanes were never really needed."

While Chi said "some" of Scott's dedicated bus lanes will return to general traffic, rail implementation director Steve Cripps implied that all of them are slated for cars.

Chi noted that improvements to cycling and pedestrian facilities are currently "under study."

But if the city does opt to move toward a more complete Scott street, transit commission chairman Stephen Blais said staff will have to ask for extra money in the 2018 budget.






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Actor's film career mutates

CINEMA

Latest X-Men movie gives budding star's resumé a boost



Carleton University alum Hesham Hammoud has been working behind the scenes on films ever since he graduated, but a recent interest in going in front of the camera has taken off with a role in the new X-Men: Apocalypse movie.

The latest Bryan Singer blockbuster hits theatres on Friday, and Hammoud will be one of the first faces fans of the superhero franchise will see on the big screen.

The 28-year-old said in a recent interview that he had only found out he made the cut by checking his IMDB profile.

"I went to my IMDB page and I saw my star meter went up," he said.

"I started clicking on it and I said, 'Oh, wait, the X-Men credits updated.' I was fully ready to just wait for the movie to come out to know if I was in it."

While his role is small and he has no lines, the opportunity to not only be part of the movie but also to shake hands with one of the biggest directors in Hollywood is a dream come true for the



South Keys native Hesham Hammoud, 28, is visiting his hometown of Ottawa this week to watch himself in the new X-Men: Apocalypse movie, which premieres Friday. He will also appear in the rebooted Prison Break TV series in 2017. JOE LOFARO/METRO

budding star.

"I knew the size of the gig. It's a small gig or whatever, but that's a big deal for somebody who's trying to build a credit to their resumé," he said.

That's exactly what Hammoud, who grew up in South

"I was just standing on set, and it just kind of hit me that this is what I need to be doing." Hesham Hammoud

Keys, has been doing in the past several months.

He finished filming a scene

earlier this month for the upcoming reboot of Prison Break, in which he acts op-

posite leads Wentworth Miller and Dominic Purcell. It's a show he watched religiously during his years at Hillcrest High School.

But he admits it wasn't always his plan to work on the other side of the camera.

Hammoud — who is now

based in Vancouver — said his interest in film production started at Carleton, where he graduated in interactive multimedia and design.

He couldn't find a job after finishing school, so one day in 2012 he decided to try out a gig as an extra for a miniseries based off the popular video game Halo. It was there that he fell into the "acting trap."

"I was just standing on set, and it just kind of hit me that this is what I need to be doing. I need to be on set more," he said.

"The more extra gigs that I did, the more I was finding that directors were putting me closer to the camera. I kind of realized that deep down I always wanted to do it, and that was probably why I wanted to get into visual effects."

He soon got an agent, took some headshots and looked for work wherever he could.

One thing led to another, and before he knew it, his agent told him he was booked to film the X-Men scene at a Montreal studio.

He plans to watch the movie on opening night in Ottawa at the Silver City theatre with his friends and family.

Acting remains a second job as he works full-time at Zoic Studios as a visual-effects artist.

But with just a taste of Hollywood, he is hungry for more and plans to visit Los Angeles this summer to look for more opportunities.

For Hammoud, the apocalyptic X-Men movie will only be the beginning.



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Ward to vote on bike park

DEVELOPMENT

Carlington residents divided on plan for ski hill



Lucy Scholey
Metro | Ottawa

Carlington residents are poised to vote on a divisive bike park planned for the neighbourhood's old ski hill.

The Ottawa Mountain Bike Association (OMBA), a volunteer-run bike group, wants to build a closed-loop pump track made of dirt and a skills section with "skinnies," which are like narrow bridges. Mountain bikers of all levels will be able to cruise along the tracks.

It's a scaled-down version from the four-phase bike park the OMBA initially proposed. That project included a trail network through a wooded area, but was scrapped after residents worried it could harm local wildlife. Two other phases, with jumps on the east slope and trails on the main slope, have been set aside for now, pending approval of the first phase.

Members of the Carlington Community Association will vote on that phase at an annual general meeting on Wednesday, May 25.

Those in favour of the bike park say it's a way to revamp the former ski hill, which was home to a Camp Fortune satellite hill.

Resident Linda Landry — who is submitting a petition to council on Wednesday morning of 239 signatures opposing the bike park — said residents need more time to consider this revised version of the park. She said it only went public on May 17.

"The underlying notion that the Carlington (hill) is under-



The Ottawa Mountain Bike Association wants to build bike pumps on the Carlington Hill. COURTESY OTTAWA MOUNTAIN BIKE ASSOCIATION

"I think there's a huge misunderstanding that people think we want to take over the entire park. Rebecca Marchand-Smith

used — it's not," she said, referring to the regular dog-walkers and hikers. "It's an inclusive space. There are people of all ages there, including children on their bikes."

Rebecca Marchand-Smith, who co-authored the proposal, said the first phase of the bike

park will only take up about 30,000 square-feet — or about a tenth of the top of the water reservoir — and won't interfere with current activities like bird-watching or tobogganing. The park will be separated from the city's largest reservoir by a chain-link fence.

"I think there's a huge misunderstanding that people think we want to take over the entire park," she said, adding that kids are already cycling around the hill on unsafe, rogue bike trails.

"In the end, what we're building is going to be made out of dirt."

River Ward Coun. Riley Brockington said this proposal could fit with the city's plan to expand on parks and recreational spaces.

"I appreciate that the project

has been scaled back because I thought that there was too much land being used up in those four phases," he said.

Cameron Ketchum, president of the Carlington Community Association, is also staying neutral on the proposal.

The Carlington Community Association's AGM will be on Wednesday, May 25 at 7 p.m. at the Alexander Community Centre, 960 Silver St.

Only members can vote, but memberships will be available for sale at the door.

WINTER ACTIVITIES

Carlington ski hill: A history



Emma Jackson
Metro | Ottawa

If you've ever tobogganed down the Carlington hill, it's likely no surprise it's got a long history of gravity-induced fun.

The city-owned hill is home to the city's largest water reservoir. It's also a former limestone quarry.

But it's the 182-metre slope on the north side that has always held the imagination of locals with a need for speed.

In the early 1960s, the city began negotiating with local ski hill mogul John Clifford to open a Camp Fortune satellite facility on the hill.

After some push-back from then-mayor Charlotte Whitton, the ribbon was finally cut in December 1965.

It was later named for Anne Heggveit, an Ottawa-born skier who won Olympic gold in the ladies' slalom in 1960.

The inner-city ski hill had its own snow-making machine, and included a T-bar ski lift that could move 1,400 skiers up the hill every hour, according to White Gold, a history of Clifford's impact on the local ski industry.

The lift's rusty remains still pokes through the hill's overgrown brush.

The ski hill had a good run until the winter of 1989-1990, when it closed permanently, according to city archives assistant Signe Jeppesen.

In 1991, the city ran a "test season" of public tobogganing, instead.

Since then, ideas to replace the ski hill have snowballed and melted away several times.

Last year, Camp Fortune proposed a winter tubing facility, but city officials shot down so many aspects of the project, the operators backed off.

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PUBLIC MURAL

A fresh look for first PM



Haley Ritchie
Metro | Ottawa

The ghost of Canada's first prime minister has come to Sandy Hill to watch over his former home, Stadacona Hall, thanks to some help from local student artists.

A mural featuring Sir John A. Macdonald and Parliament Hill was painted last week by 10 Grade 11 students from École secondaire publique De La Salle. The project is a partnership between the school, a neighbouring condo board and the Prime Ministers' Row initiative.

"They were overwhelmed, but they started working and by the end of the week they were so happy," said Grant Holmes, a teacher in the arts program at the school. "It was a great experience."

The artwork is tucked into a short pedestrian path connecting Laurier Avenue and Wilbrod Street, once a frequent target for graffiti tags.

A quote from Macdonald accompanies the mural: "We are a great country, and shall become one of the greatest in the universe if we preserve it. We shall sink into insignificance and adversity if we suffer it to be broken."

"It's very significant because basically Macdonald is gazing at his old house," said Leanne Moussa, co-founder of the Prime Minister's Row project.

Macdonald (and some pet peacocks) once lived across from the mural point at Stadacona Hall. The building is now home to the embassy of Brunei.

Police begin new course of action for sex crimes

FIRST RESPONDERS

Intensive plan rolled out with 'sensitivity' one of the key aims

Twenty-five Ottawa police patrol officers are arming themselves with an arsenal of new tools and specialized information aimed at bolstering how they investigate sexual assault cases and interact with victims.

The police department's sexual assault and child abuse section is rolling out a new three-day intensive course for front-line officers beginning today, known as sexual assault response officer training.

"Their first response heavily impacts how the investigation moves forward, so we're going to give them more information, specifically towards sexual violence calls," said Staff Sgt. Angela McDade, head of the SACA unit.

Topics such as scene management and victim sensitivity



Our goal with that is victim-centred investigations.

Staff Sgt. Angela McDade

will be taught by experts from the Ottawa Hospital, a nurse practitioner, the police department's victim crisis and high-tech crime units and a public educator with the Sexual Assault Support Centre.

A list of potential improvements was developed after the police service consulted with a number of service providers in

late 2014, including the Ottawa Rape Crisis Centre, the Sexual Assault Network, Crime Prevention Ottawa and others.

It will give the officers more in-depth understanding of the challenges involved in investigating sexual assault files "so they will be really tuned in to what's required to prove cases," McDade said. "That victim sensi-

tivity is huge."

In some cases, victims don't want police to investigate the crime against them or even speak with the perpetrator, for fear of reprisal. Some are not willing to go to hospital to receive care following an assault.

But it's important officers ensure victims understand how vital medical care is, that they connect with the supports they may need, as well as offer them assistance in going to the hospital.

ERIN MCCracken/METROLAND MEDIA



THE QE TWO SET SAIL ROYAL SWANS AMONG 10 RELEASED INTO RIDEAU

Councillors David Chernushenko, Diane Deans and Mayor Jim Watson helped with the annual release of the city's 10 royal swans into the Rideau River on Tuesday.

The white swans are descendants of swans gifted by Queen Elizabeth II while the black swans came from a trade with the Montreal Zoo in 1974.

HALEY RITCHIE/METRO



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The tour will go on

MUSIC

Tragically Hip frontman Gord Downie battling cancer

Tragically Hip frontman and lead singer Gord Downie will be well enough to go on tour despite a diagnosis of terminal brain cancer, one of his doctors told a news conference Tuesday.

Downie, 52, was diagnosed with glioblastoma, an invasive brain tumour, in his front left temporal lobe in December after



Tragically Hip lead singer Gord Downie has been diagnosed with terminal brain cancer. THE CANADIAN PRESS FILE

he suffered a seizure while walking around his hometown of Kingston, neuro-oncologist Dr. James Perry said.

"Fortunately for Gord, he has

a type of glioblastoma that is more amenable to treatment than most ... with a more favourable response," Perry said.

Downie is responding well to

treatment, which included brain surgery, radiation therapy and oral chemotherapy, Perry said. The singer's day-to-day health is back to normal, so much so that his medical team saw no reason he shouldn't be able to tour with the band this summer as previously planned.

"He is doing very well," Perry said. When fans go to the show this summer, he said, "they will see a survivor continuing with his craft."

The Hip's manager Patrick Sambrook said Downie wouldn't be going on tour unless he could "blow people's minds."

TORSTAR NEWS SERVICE

ANNIVERSARY

Trudeaus' day off fraught with criticism

When Prime Minister Justin Trudeau announced that he and his wife Sophie Grégoire-Trudeau would take Wednesday off to celebrate their wedding anniversary during a visit to Japan, critics immediately jumped on the micro-vacation as another example of Liberal entitlement.

"I'll see your hubbub about nannies and extra help and raise you an anniversary abroad. Bold," Andrew MacDougall, a former communications director for Stephen Harper, quipped on Twitter.

Trudeau, whose office won't say how many staff he has in tow, defended the prime min-

isterial down time during the four-day Japan trip, calling it an example of "the kind of work-life balance that I've often talked about as being essential in order to be able to be in service of the country with all one's very best and that's certainly something I'm going to continue to make sure we do."

The couple were to spend the night at a traditional Japanese inn before Trudeau heads to the G7 summit on Thursday in the country's Ise-Shima region. Trudeau said he'd personally pay for their anniversary night out.

The Trudeaus' 11th anniversary hiatus calls to mind a dif-



The Trudeaus were greeted by an honour guard when they arrived on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

ferent age when prime ministerial down days were a regular occurrence.

Former prime minister Pierre

Trudeau often took one or more of his boys with him when he travelled abroad in the 1970s and early '80s. THE CANADIAN PRESS

IN BRIEF

Crown agrees de Grood had mental disorder

The Crown agrees a young man was suffering from a mental disorder when he stabbed five people to death at a Calgary house party two years ago.

THE CANADIAN PRESS

SUICIDE

Military more likely to seek help



Elisha Dacey
Metro | Winnipeg

A new study says Canadian military personnel have more suicidal thoughts and more suicide attempts than their civilian

counterparts — but they're also more likely to seek help.

The research, published in the Canadian Medical Association Journal and co-authored by Dr. Jitender Sareen of the University of Manitoba, shows that people in the Canadian Armed

Forces (CAF) had a "32 per cent increased odds of thinking about suicide, and 64 per cent increased odds of planning suicide than the civilian group."

The researchers looked at four nationally representative surveys from 2002 and in 2012-2013.

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Blast downed plane: Expert

MEDITERRANEAN SEA

Body parts from EgyptAir flight show signs of burns

Body parts recovered from the crash of EgyptAir Flight 804 showed signs of burns and were so small that they suggested the jet was brought down by an explosion, a member of the team examining the remains said Tuesday. But the idea of a blast was promptly dismissed by the head of Egypt's forensic agency as "baseless" speculation.

The cause of the crash of the EgyptAir jet flying from Paris to Cairo that killed 66 people aboard still has not been determined. Ships and planes from Egypt, Greece, France, the U.S. and other nations are searching the Mediterranean Sea north of the Egyptian port of Alexandria for the jet's voice and flight data recorders, as well as more bodies and parts of the aircraft.

Egypt's civil aviation minister

has said he believes terrorism is a more likely explanation than equipment failure or some other catastrophic event. But no hard evidence has emerged on the cause, and no militant group has claimed to have downed the jet. Leaked flight data indicated a sensor detected smoke in a lavatory and a fault in two of the plane's cockpit windows.

An Egyptian forensic team was examining the remains of the victims for any traces of explosives, according to a team member and a second official, both speaking on condition of anonymity because they were not authorized to talk to reporters.

The team member said the fact that all 80 body parts recovered so far were very small and that some showed signs of burns suggested an explosion.

But Hisham Abdel-Hamid, head of the Egyptian government's forensic agency, dismissed the suggestion, telling the state-run MENA news agency: "Whatever has been published is baseless and mere assumptions." THE ASSOCIATED PRESS



A model in a dress made of flowers at the Chelsea Flower Show. GETTY IMAGES



Queen Elizabeth II stands beside a floral exhibit during a visit to the show on Monday. AFP/GETTY IMAGES

CHELSEA, UK

Visitors flock to flower show

The Chelsea Flower Show, London's legendary celebration of gardening, gets under way today, continuing a tradition that started in 1913, interrupted only by wartime.

The show, organized by the Royal Horticultural Society, is not the biggest in Britain. The Hampton Court Palace Flower Show is bigger, but Chelsea is still the most prestigious.

The weather is forecast to be cloudy this year, with the odd rain shower. But sometimes, the vagaries of the English climate really does get in the way. In 1932 the rain at the show was so severe that a summer house display fell to pieces. Another wet year an exhibitor named it "The Chelsea Shower Flow."

Whatever the weather, you

can be pretty sure there will be 157,000 visitors, which is a limit imposed since 1988 by the capacity of the site at the Royal Hospital, Chelsea.

One feature of this year's show doesn't have any actual roots, and doesn't need watering. Almost 300,000 handmade poppies to honour the armed forces will be on display.

TORSTAR NEWS SERVICE

SEX ASSAULT

Cosby to stand trial

She called him "Mr. Cosby" and considered him a trusted friend and mentor.

But 20 minutes after Bill Cosby offered her three blue pills and told her to take them with the wine he had set out, Andrea Constand's legs began to wobble "like jelly," her eyes went blurry and her head began to throb.

Cosby helped her to a couch in his living room, where she later realized he violated her as she lay helplessly in a stupor, she told police in 2005.

On Tuesday, a judge ordered the 78-year-old Cosby to stand trial on sexual assault charges on the strength of Constand's decade-old police statement.

Cosby could get 10 years in prison if convicted in the case, the only criminal charges brought against the comedian out of the barrage of allegations that he drugged and molested dozens of women over five decades. He is free on \$1 million bail.

A trial date was not immediately set. THE ASSOCIATED PRESS



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MIGRANT CRISIS

Idomeni refugee camp closed

It grew to the size of a small town, becoming a symbol of Europe's closed border policy for migrants and refugees. On Tuesday, Greek authorities began to dismantle it.

Starting at dawn, police moved more than 2,000 people out of Idomeni, the sprawling

makeshift camp on the Greek-Macedonian border, and sent in bulldozers to begin erasing the tent city. The move dashed the dreams of the thousands who had camped there in the hope of being able to reach the continent's wealthy heartland. The refugees had stubbornly resisted

government efforts to leave the site voluntarily, braving torrential rainfall and winter weather.

On Tuesday, they were placed on buses and taken to newly built shelters as the government promised to clear the site of the remaining 6,500 people over the next week. THE ASSOCIATED PRESS



PERÚ: ELECCIONES GENERALES 2016

La Sección Consular de la Embajada del Perú en Canadá informa a toda la comunidad peruana residente que el **domingo 5 de junio** se llevará a cabo desde las **08:00 de la mañana hasta las 04:00 de la tarde**, las **Elecciones Generales 2016 – Segunda Vuelta**, para la elección del Presidente de la República. Dicha actividad se llevará a cabo en el edificio de la Embajada: 130 Albert Street, suite 200 K1P 5G4, Ottawa, Ontario (Segundo Piso).

Para votar será requisito indispensable presentar el Documento Nacional de Identidad (DNI) válido o vencido.

Cualquier duda sobre el particular contacte a la Sección Consular, teléfono: **613-233-2721**, al correo electrónico **seccionconsular@embassyofperu.ca**, o visite la página web de la ONPE: **www.onpe.gob.pe**, así como del Jurado Nacional de Elecciones ("Voto Informado"): **www.votoinformado.pe**

Embajada del Perú en Canadá – Sección Consular

Twitter pushes past limit



Photos, links and usernames will no longer count as part of the 140-character limit when the new changes are made.

TORSTAR NEWS SERVICE

Confirming reports that surfaced last week, Twitter announced Tuesday will be making a series of changes that allow tweets to be longer than 140 characters and are aimed at improving communication over the micro-blogging service.

Released in a blog post, the company announced four changes that mean items previously counted as part of characters in messages on the service now will not, including photos, links and usernames.

The changes will be rolled out in the next few months.

Most of the changes were welcomed by users online, although since this was Twitter, there was obviously some grumbling.

The main complaints stemmed from what took the company so long, and also that despite numerous pleas from many users, the company still has not done enough to limit harassment, particularly of female users on the platform.

Twitter is in a difficult position, as growth of the service has stalled at around 300 million users, and many new users have problems understanding the service or gaining a meaningful follower count. It is still the most real time of social networks, and

definitely remains beloved by its power user base.

At least these changes will actually be coming. Ever since founder Jack Dorsey returned as CEO in June 2015, the company has made noises about changes, often to back off.

There was a talk of unlimited (or 10,000 character) tweets that was quickly kiboshed. As well, the company introduced a "While you were Away" feature before it launched caused many of its users to panic and worry about changes.

The bigger issues with Twitter, at least if it wants



It's a very user friendly change and it's about time.

Wedbush Securities analyst Michael Pachter

to competes with the social networks like Facebook, Instagram and the many messaging apps that have user bases that dwarf it, is the company

has to find a way to get user growth back up.

As well, analysts have criticized the company about how it has yet to create a self-service ad platform, which has worked well for Facebook.

It is unlikely that these changes will make Twitter more welcoming to new users, but at the very least, its dedicated fans seem to be looking forward to less editing to get their point across in to get a media rich or a Tweet with a link in it.

The four changes:

1 WHO'S THAT TWEET FOR: When responding to a tweet, and @name will no longer count as characters in a 140-character tweet. But up to 50 people (!) can be included in a conversation.

2 LINK TO YOUR HEART'S DELIGHT: Photo, GIFs, videos, polls, links and quote tweets won't count.

3 GOT MORE TO SAY: You can now Retweet and Quote Tweet your own tweets, which was previously available on some third party clients.

4 THE "." IS GOING: The period before a Tweet used to make followers see that tweet is being removed, and now a username at the beginning of a Tweet will go to all your followers.

ROAD SAFETY

Calgary community deploying pace cars



Brodie Thomas
Metro | Calgary

If you're the type of cautious driver who always goes the posted speed limit, a community association in Calgary would like to invite you over.

Rocky Ridge Royal Oak Community Association is about to roll out a community pace car program with an aim to keep traffic moving at the

speed limit.

Ali Oonwala, vice president of the association, said many residents have already registered for the program, and mailouts have gone to every residence in the community.

The pace car program has been used successfully in communities across Canada. Drivers pledge to drive cautiously and at the posted speed limit — or to conditions — all the time. They also have bumper and rear-window stickers to

let lead-footed drivers know why they're driving in such a reasonable way.

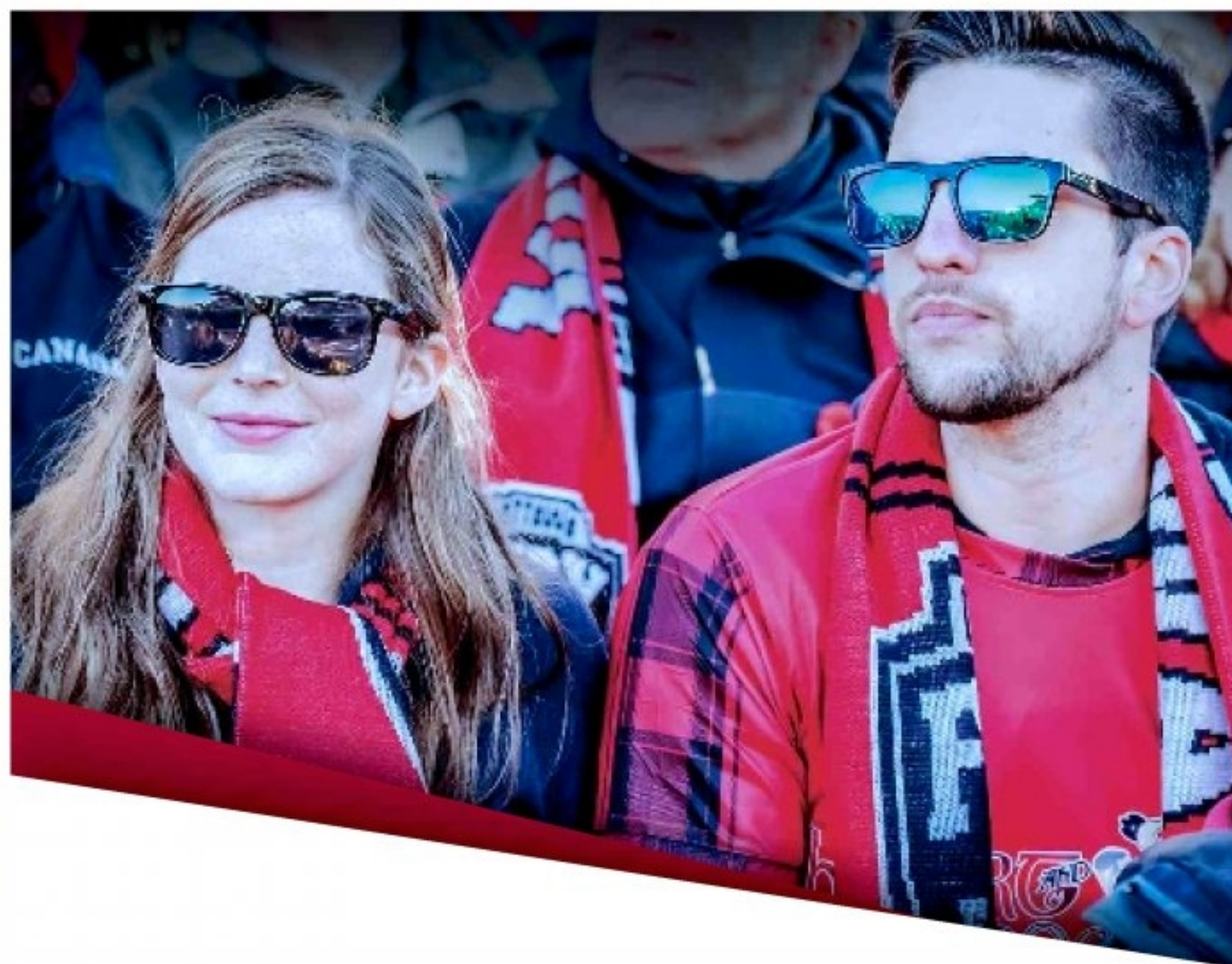
"We've got all our own stickers made up specific to the community," said Oonwala.

The program is a local pilot, but Coun. Ward Sutherland said if it's successful, the stickers can easily be customized to any community in the city.

"There's been lots of interest in the program in general, but we wanted to run it in one community first," said Sutherland.



This sticker alerts drivers that the car ahead will keep to the speed limit. CONTRIBUTED



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ROSEMARY WESTWOOD ON HOW NOT TO BE NICE

Unburdened by the need to please and be pleasant, some brave women are saying and doing what they want, letting other, more wary women live vicariously through them.

Niceness, our national pastime, has special significance for women. It is not only a constant expectation, it is considered innate. It is inextricable from girliness and womanliness, part of their very definition. And despite feminism's long work to undermine this trope, niceness has gone nowhere.

Which is why, just last October, researchers at Arizona State University found that anger only looks good on a man.

In the study, anger made men more convincing, but "when women expressed identical arguments and anger, they were perceived as more emotional," thus undermining their message, noted co-author and psychologist Jessica Salerno.

In other words: Since anger is not nice, an angry woman is doing something wrong, and therefore she's not credible. Or, probably, likable.

This is also why powerful women are routinely derided with antonyms of nice.

The writer Lindy West, for example, has been called many traditionally unsavoury things, and one of them led to the title of her new book. *Shrill: Notes From a Loud Woman* chronicles West's ascension to feminist-commentary fame. "My husband came up with it," she told one interviewer, of the title. "I don't totally remember (why). I'm sure some Internet troll called me shrill."

In snatching a label often used to undermine women's views, West has spun slag into self-praise.

Because she chose to name the book after a supposed insult, it is both a rebranding of the word and a branding of West herself. The message to readers is clear: Lindy West gets called bad names, and not only does she not care — she's

ine line. Pinned to the top of her Twitter profile is this caution: "If you're a 35 to 45 y/o white man whose deepest fear is being laughed at by women let's just go ahead and assume we are natural enemies."

When her book comes



WHAT DID YOU CALL ME? The title of Lindy West's new book, *Shrill*, is a wink to women who have been put down for failing to be nice. **JENNY JIMINEZ/TORSTAR NEWS SERVICE**

going to profit from it. It's a wink to women everywhere who have been put down for failing to show unfailing niceness, and a warning to those who don't like a brazenly opinionated woman.

In snatching a label so often used to undermine women's views by deriding their tone, West has spun slag into self-praise.

It's a similar tactic to Jen Agg's. The Toronto restaurateur has a forthcoming book titled *I Hear She's a Real Bitch*. Agg, like West, is a caps-lock Twitter personality ("Snicker, mutter about what a crazy bitch I am GO AHEAD I don't give a F-K," reads one tweet), unwilling to capitulate to critics, and uninterested in dutifully toeing a submissive femin-

ine line. Pinned to the top of her Twitter profile is this caution: "If you're a 35 to 45 y/o white man whose deepest fear is being laughed at by women let's just go ahead and assume we are natural enemies."

When her book comes out, she'll be selling the idea of "bitch" as something good — a tactic that by now has a long history. Unlike the word "shrill," Agg's chosen insult-as-talisman has gone through dozens of meanings and connotations over nearly a century. The bad meanings have included whore and mean. The good: powerful, assertive and, even, feminist (as in, *Bitch Magazine*). A historical overview in *Vice* wondered whether bitch has retained any one overall meaning as a result of all this flux. From personal experience, I can confirm it remains, widely, a slur.

But words like "shrill" and "bitch" are worth using in book titles exactly because they remain controversial. They evoke other similarly

derogatory terms, like "abrasive" and "aggressive," and the worn-out critiques of powerful women, like Hillary Clinton, as yelling too much.

For as long as this niceness expectation remains the status-quo, it will give women like West and Agg their special spice. Unburdened by the need to please and be pleasant, they say and do what they want, letting other, more wary women live vicariously through them.

That, I can tell you, is an immensely freeing experience, similar, if on a lesser scale, to the almost spiritual catharsis I have every time I watch *Don't Hurt Yourself*, Beyoncé's most vicious song in the cultural beast that is her visual album, *Lemonade*. The video is the most dangerous vision of Queen Bey we've ever seen. Menacing, dismissive, physically aggressive — she vibrates with the kind of anger that flares nostrils. "I am the dragon breathing fire," she sings, and "Who the f-k do you think I am?" and in a crescendo: "Tonight I'm f-king up all your s-t boy!"

The anger is so acute, so righteous. It feels so good precisely because it is transgressive.

One explanation for that, and for niceness's staying power, is that niceness is useful. It serves the patriarchy extremely well, since nice women don't cause fusses.

But, by the same token, they may have a harder time landing a book deal. What many women want right now is help on how to NOT be nice. How not to be cowed. We want our anger taken seriously, and our opinions, and our skills.

Book marketers seem happy to oblige.



Assisted-dying mess is inevitable product of feckless parliament



Tim Harper

This country's highest court gave Parliamentarians 16 months to craft legislation on assisted dying. That apparently wasn't enough.

Missing the June 6 deadline will not plunge this nation into some type of chaotic constitutional abyss, but the past 16 months leading to that deadline have taught us a lot about our political system.

When the court released its decision Feb. 6, 2015, the justice minister of the day, Peter MacKay, set the tone with a promise to look at the decision "carefully, thoughtfully."

MacKay was engaging in poli-speak for inaction.

It fell to Liberal Leader Justin Trudeau, then at the helm of the third party, to call for an all-party committee to begin work on the issue. Trudeau, prophetically, said a year did not seem adequate to write legislation when Quebec took more than four years.

The Stephen Harper Conservatives, with an eye to that autumn's election, believed national debate held no upside and did essentially nothing for five months before MacKay appointed a three-member panel, which dissolved when the election was called.

The Liberals inherited the file and a deadline of barely 90 days. It asked the court for a six-month extension but was given four months.

The work of a joint Commons-Senate committee was done in warp speed, its work was largely ignored and the Liberal push to meet the dead-

line meant a parliamentary committee unwilling to accept substantial amendments. A bill which comes down the middle on the question, without fully responding to the court decision, led to parliamentary skirmishes over time limits on debate, opposition obstruction, a physical skirmish in the House and a deadline drifting away.

But this saga goes back to January 2014 when Trudeau expelled all Liberal senators from the party caucus and declared them independent, a first step in changing the rules of the Upper Chamber.

The Senate is a more independent place under a process started by Trudeau, but also more unpredictable. The days of a majority government handing over its legislation for a rubber stamp by a majority in the Senate are over.

This Senate has already sent a report back to the Commons, saying the Liberal bill should be amended to allow advance directives from those who wish assistance in dying and are still able to let their wishes be known.

When the bill comes back to the Senate, independent Liberal James Cowan will push for an amendment broadening restrictions on eligibility.

We shouldn't be here after 16 months. Canadians deserve better.

Don't blame the courts. Blame our representatives who acted like lazy students kicking the homework down the road under the Conservatives, then crammed during an all-nighter under the Liberals.

Tim Harper is a national affairs columnist for the Toronto Star.

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Kyle Lowry's slam dunk meal

"On game day, we'll do egg whites and gluten-free pancakes — just to get the carbs in there — turkey sausage, avocado, fruit. We'll do a big breakfast, so I can burn the calories all day. Once game time comes, I'm already fuelled and ready to go." That's what the Raptors' Kyle Lowry told us a while back, when we asked what he eats for breakfast. Ahead of Game 5 of the Eastern Conference Finals, we're uncovering the secrets of this breakfast of a champion. **TORSTAR NEWS SERVICE**

AVOCADO

The avocados provide a healthy monounsaturated fat and help ensure Lowry gets enough calories before the game — an athlete at his level should be consuming a breakfast that contains between 750 and 1,000 calories. (Lucky him.)

FRUIT

Plenty of carbohydrates are needed for fuel before the big game. Fruit is a better choice than vegetables for this situation — more carbs and less fibre.

TURKEY SAUSAGE AND EGG WHITES

These are great lean protein alternatives (compared to beef or pork sausages and whole eggs), which will keep the muscles and gastrointestinal (GI) tract happy. When muscles work intensely, there's competition between working muscles and the GI tract. The top priority for the body is to digest food, which will limit the blood supply to muscles, resulting in quicker fatigue. Fat takes three to five hours to digest, so Lowry doesn't want an excess of it before the big game.

GLUTEN-FREE PANCAKES

Typically gluten-free flours (rice flour, tapioca flour and potato starch) are low in fibre and are absorbed rapidly. That beats a high-fibre carbohydrate, which increases digestion time, delaying the speed at which glycogen reaches the muscles. Also, grains that contain gluten (wheat, barley and rye) contain carbohydrates that are poorly absorbed and can cause gastrointestinal disturbances in some people — not a distraction you want when you're squaring off against LeBron James.



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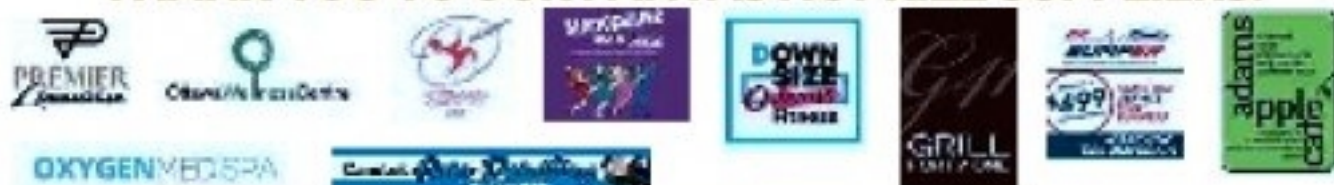
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ROSE REISMAN THE SAVVY EATER

THIS WEEK: Spreads

Peanut butter and Nutella are beloved breakfast and snack favourites, but one is definitely a healthier option.

PICK THIS

Kraft All Natural Crunchy Peanut Butter (2 Tbsp)

Calories 180
Fat 14g
Sugar 2g
Saturated Fat 2g



SKIP THIS

Nutella Hazelnut Spread (2 Tbsp)

Calories 200
Fat 12g
Sugar 20g
Saturated Fat 4g



HERE'S WHY



Equivalent to more than five Oreo cookies in sugar

Kids and adults alike love peanut butter and Nutella. From sandwiches, dipping fruit or straight out of the jar, these spreads are a daily snack or breakfast item for many. While both fare similarly when it comes to fat and calories, Nutella has twice the saturated fat, partly due to containing palm oil, and has 10 times the sugar! That equals about 5 tsp of the sweet stuff on a 2 tablespoon serving — too sweet for an everyday snack!



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Modern crossover hits mark



REVIEW

Refreshed 2017 Escape has great tech

The Canadian Rockies may not be the most obvious pick for a non-skiing vacation, but once you get a chance to drive through it, the beauty of the snow-capped mountains, fresh piney smell, and close-up glimpses of wild animals outside your window make you wonder why more people don't come.

In the same way, the Ford Escape may not be the most obvious choice for a compact crossover. Like an all-inclusive beach resort, most people will gravitate towards a Honda CR-V or a Toyota RAV4, but once you drive the new 2017 Ford Escape, you come to appreciate that it has a lot to offer.

The Ford Escape has always been a top seller in the compact crossover segment, and it's the second best-selling Ford model after the F-150. It was starting to feel dated, but the refreshed 2017 version with great technology will make it more competitive.

Outside, the biggest change is a big grille that makes the Escape look like a smaller Ford Edge. It helps give the crossover a wider stance and more presence on the road. Available LED headlights freshen up the look, and adaptive headlights are available. The first big news is two new EcoBoost engines: a 1.5-litre turbo four-cylinder and a 2.0-litre four-cylinder with a

twin-scroll turbocharger. They both come standard with stop/start, and it is one of the most seamless and least annoying systems out there. The intelligent system improves fuel economy by four to six percent in stop and go traffic and won't activate if the car is in extreme temperatures.

The carryover 2.5-litre four-cylinder is still available, but it's really not the engine you want because it makes the Escape feel lethargic. The EcoBoost options are much better.

On a few stretches of two-lane mountain roads, passing three slower moving cars at a time was surprisingly quick and wasn't anxiety-inducing.

All engines are paired with a six-speed automatic transmission and upper trim levels even have paddle shifters.

Front-wheel drive Escapes are available, but most people will opt for the AWD system, which reads the road conditions every 16 milliseconds. The system can transfer up to 100 per cent of the power to the front or rear wheels if needed. The system makes the crossover feel sure-footed, and it never lost traction in the rain, snow or freezing rain experienced while driving in the mountains and the engine never lost steam at higher altitudes.

All of this makes the 2017 Ford Escape easy, familiar, and predictable to drive. It's easy to park and maneuver, it feels confident and planted. It has everything you'd expect in a modern crossover.

AUTOGUIDE.COM

ALL PHOTOS: LEE BAULE

THE CHECKLIST | 2017 FORD ESCAPE

THE BASICS

Engine: 2.5L four-cyl/1.5L turbo 4-cyl/2.0L turbo four-cyl
Power: 168 horsepower
Transmission: Six-speed automatic
Price: Starts at \$25,099, top model \$35,999

TECH FEATURES

• Adaptive cruise control, collision warning, automatic emergency braking, perpendicular or parallel park assist with park-out functionality and lane keep assist are all available as well as SYNC3, SYNC Connect and a new Ford Pass app for your smartphone.



LOVE IT

- New look
- Smooth stop/start
- Lots of available tech

LEAVE IT

- Small back seat
- Bad base engine

TECHNOLOGY

Audi A7 has impeccable manners

Audi's self-driving prototype might show more consideration for other drivers on the road than some human beings.

The Audi A7 piloted driving concept has received the nickname "Jack" by the German automaker, and Audi claims "it has learned how to show consideration for other road users." Not only is the A7 able to autonomously drive itself on the highway, but it also exhibits a driving style that safely adapts to the given situation, making it a research car with social compe-

tence. For example, Jack is showing that it drives more naturally through all the data it has gathered, now passing trucks with slightly wider lateral gap. It also signals upcoming lane changes by activating the turn signal and moving closer to the lane marking first, performing the act like some human drivers do.

Perhaps the most interesting thing about Jack is how it makes decisions when other drivers want to merge into its lane. The test car will decide, based on the select driving pro-

file, whether it will accelerate or brake in order to handle the traffic situation in a way that benefits everyone on the road. That might be more than we can say about some human drivers who will never let other cars merge.

In the U.S., Audi had a driverless TTS etch the brand's four ring trademark into the surface of a salt flat as well as conquer the legendary Pikes Peak Hill Climb. It has also campaigned an RS7 Sportback at the Hockenheim Motodrome in Germany, turning in lap

+ A8

Audi has spent the past few years investing heavily into piloted driving features and is expected to introduce the technology with the next-generation Audi A8 that will debut next year.

times comparable to or even better than professional drivers. AUTOGUIDE.COM



The Audi A7 prototype, or "Jack," lets other cars merge on the highway, which is more than we can say for some humans. HANDOUT

Spider the Viagra of cars, Fiat suggests

COMMERCIALS

New campaign compares car to the blue pill

Who needs the blue pill when the Fiat 124 Spider is enough to get you excited? At least that's the aim of Fiat's newest commercial for its 160-horsepower roadster. This isn't the first time Fiat has employed the infamous blue pill in its commercials, with the first video showcasing the Fiat 500X Sport and the same two actors. In fact, the new commercial starts off the same as the other, but things change when the gentleman peers down the pill bottle to find that it's empty. Instead of a blue pill getting jet-tisoned out the window and transforming a Fiat 500 to a Fiat 500X, this time the gentleman who needs a bit of motivation hops into his Fiat 124 Spider for a thrilling drive that gets him plenty excited.



+ IN BRIEF

Ford believes fake engine noises will save fuel

Ford has filed a patent to use imitation engine noises in hopes of saving on gas. How does that work? Well, the patent itself is for "increasing the number of cylinders in an internal combustion engine in a virtual fashion," but essentially it's a device that generates "engine noise at a time period between two directly successive ignition events of an internal combustion engine."

Subaru Boxer engine turns 50

The Subaru Boxer engine is celebrating its 50th anniversary this year. Originally introduced on May 14, 1966 in the Subaru 1000 compact passenger car, the Japanese automaker has since produced more than 16 million units. Today, every vehicle sold by Subaru is powered by a Boxer engine.

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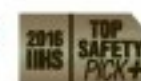
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"What we want from hockey, what we look for, is life's ideal, not its reality": Gord Downie during the 2004-05 NHL lockout

Rock-steady in Cleveland

RAPTORS GAME 5 PREVIEW

Canadian club has kept even keel through ups and downs

Of all the traits the Toronto Raptors have displayed this season, there is none of which they are more proud than their collective level-headedness.

They know not to get too euphoric after wins, to not dive into the throes of despair after losses; the even-keel nature of the season has helped make it the most special in franchise history.

And now, with a monumental opportunity in front of them, one that may never come around again, they remain calm and collected and not at all full of themselves.

They know being 2-2 with the Cleveland Cavaliers in what's now a best-of-three NBA Eastern Conference final is a gigantic accomplishment but that it doesn't mean anything is going to be easy.

"I will say this: it's going to be a different animal back in Cleveland, as it is in every series," coach Dwane Casey said on a conference call on Tuesday afternoon.

"When you go into another team's home territory, it's a little bit tougher."

The Raptors arrived in Cleveland brimming with confidence, but not cockiness. After being drilled in the first two games of



55
The number of points Kyle Lowry scored in the Raptors' two wins over the Cavs. In Toronto's two losses, he scored just 18 points.

Raptors point guard Kyle Lowry lays in two of his 35 points against the Cavaliers in Game 4 Monday night. STEVE RUSSELL/TORSTAR NEWS SERVICE

the series at the Quicken Loans Arena, Toronto rebounded with two wins at home.

They were led by the scoring exploits of Kyle Lowry and DeMar DeRozan — 67 points between them in Game 4 — and an increasingly stingy defence that has frustrated Cleveland's outside shooters.

"I think DeRozan and Lowry really took it upon themselves to get their team back on track, and we have to take that one-on-one challenge and be better

with those two guys," Cleveland coach Tyrone Lue told reporters on Tuesday.

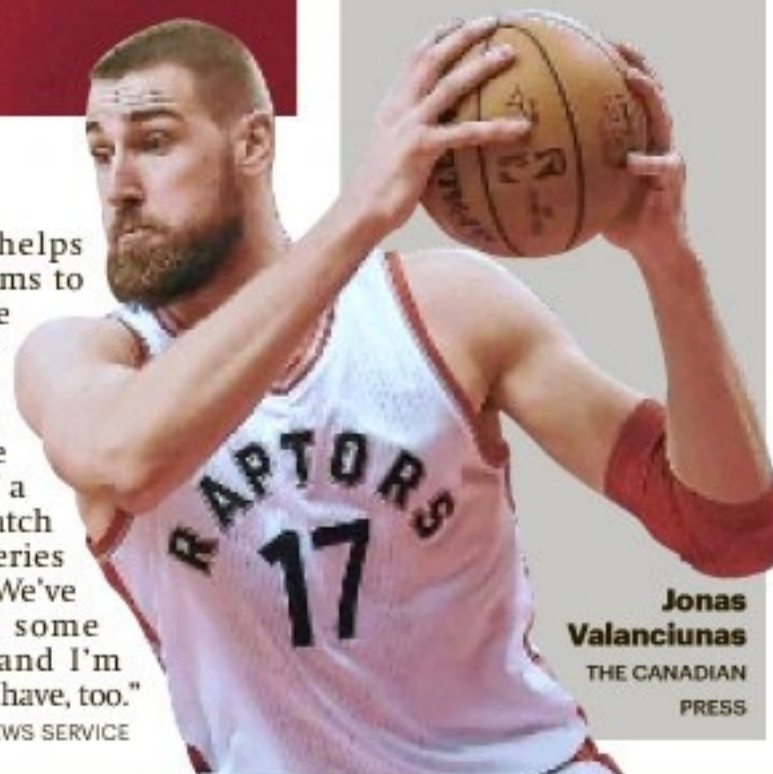
The familiarity that has developed as the series has progressed is helpful, but Casey knows it runs both ways.

"We know who they are, they know who we are," he said. "I think we have gotten a little bit more familiar with what they're trying to do and giving us a little bit more confidence as far as to stop it."

"As we go further, I think

it just helps both teams to get more comfortable. It gets into a little more of a chess match as the series goes on. We've learned some things, and I'm sure they have, too."

TORSTAR NEWS SERVICE



Jonas Valanciunas
THE CANADIAN PRESS

+ FRONTCOURT

Big ace up their sleeve

The Raptors do have one card left that they may play in centre Jonas Valanciunas.

He was active but did not play in Game 4 after suffering a sprained ankle in Game 3 of the conference semifinal with Miami.

It's hard to imagine Valanciunas having a huge impact given Cleveland's unorthodox frontcourt, but he's an intriguing possibility. Bismack Biyombo had a huge impact on the series the last two games, averaging 20 rebounds, but the other dynamic of Valanciunas could be a difference-maker.

NHL Sens sign Pyatt to two-way contract

The Ottawa Senators have signed forward Tom Pyatt on a one-year, two-way contract.

The deal will carry an annual value of \$800,000 US in the National Hockey League and \$200,000 in the American Hockey League.

Pyatt, 29, spent the last two seasons playing with Geneve Servette of the Swiss-A League. He ranked fourth in team scoring last season with 29 points (11 goals, 18 assists) in 42 games.

The native of Thunder Bay, Ont., recorded 62 points (22 goals, 40 assists) and 18 penalty minutes in 92 games over his two seasons in Switzerland's top hockey league.

Originally drafted in the fourth round, 107th overall, by the New York Rangers in the 2005 NHL draft, Pyatt has played 245 NHL games with the Montreal Canadiens and Tampa Bay Lightning, recording 54 points (27 goals, 27 assists) and 43 penalty minutes.

THE CANADIAN PRESS



Tom Pyatt
THE ASSOCIATED PRESS

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RECIPE Salmon Burgers



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

These burgers made from fresh salmon get a zippy hit of flavor thanks to ginger and scallions.

Ready in

Prep time: 20 minutes
Cook time: 10 minutes

Ingredients

- 1 1/2 lb fresh salmon filet
- 1 clove garlic, minced
- 1 Tbsp ginger, minced
- 4 scallions, sliced
- 1/2 tsp salt
- 2 Tbsp sesame oil
- 1 egg, whisked
- 1/2 cup panko (or bread crumbs)
- 2 Tbsp vegetable oil

Directions

1. Chill your salmon for at least 15 minutes before you begin, it will make it much easier to chop

up. Using a sharp chef's knife, cut away the skin (if you didn't buy skinless salmon). Chop the filets into roughly 1/2 inch dice. Resist the urge to use a food processor for this task or you will end up with salmon paste and that's not what we're after.

2. In a large bowl, mix together the garlic, ginger, scallions, salt, oil, egg and panko. Add your chopped salmon and mix thoroughly. Divide the mixture into four, good-sized patties.

3. Warm the vegetable oil in a large skillet over medium heat. Gently place the patties in the warm pan and cook four or five minutes, carefully turn them over and cook for another four or five minutes. Serve on a toasted bun with your favourite slaw.

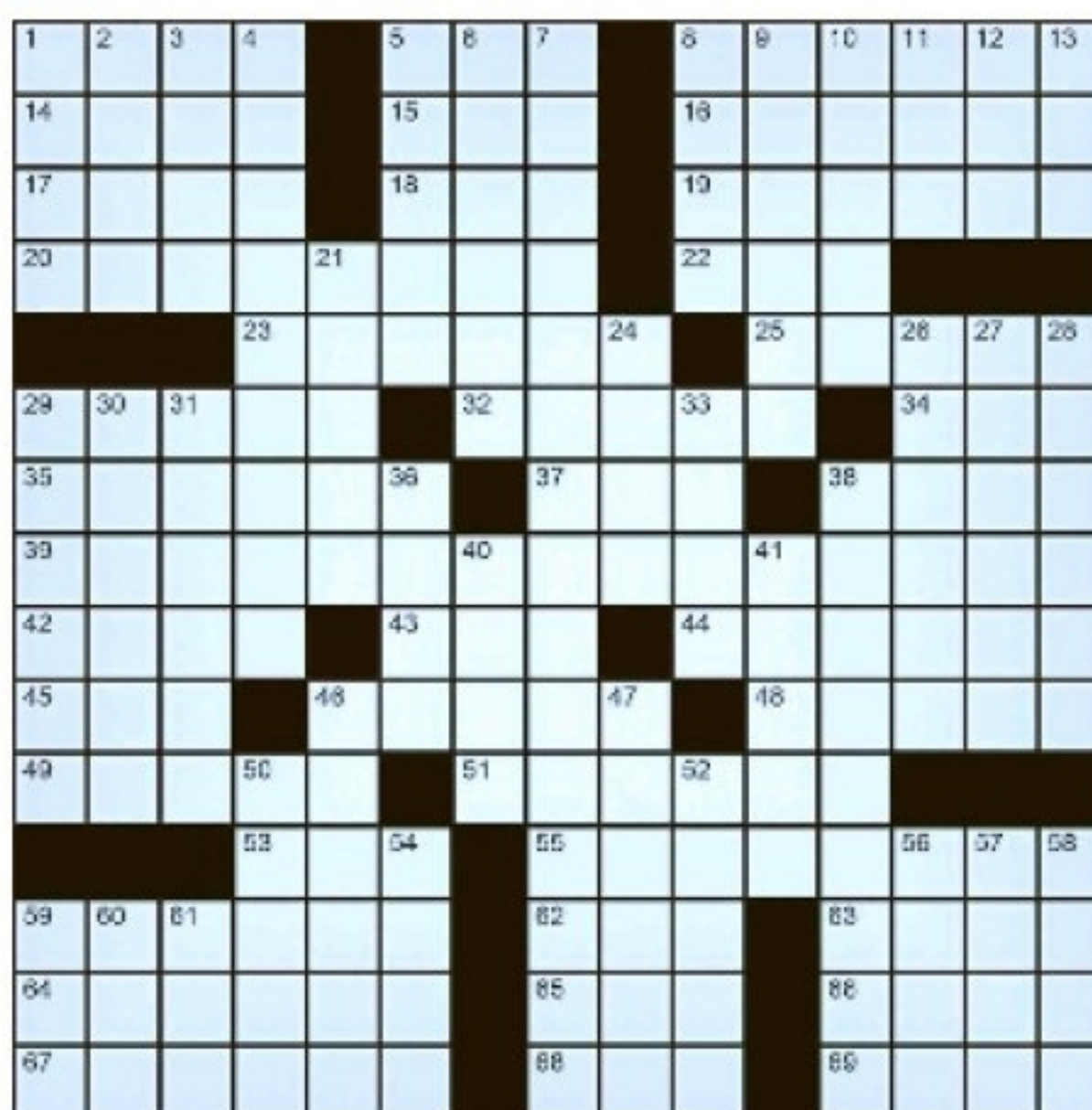
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Just for Laughs" (Canuck fun TV show)
5. Beast of burden
8. First-rate, as an excellent job
14. Pronto, in an office
15. Charge
16. ___ Ed's (Toronto bargain store attraction)
17. Stuff
18. ___ pedestal
19. "SCTV" alum Ms. Martin
20. Soldier's garb
22. Stove brands, e.g.
23. Bell and Rogers, hip-style
25. Belonging to rock singer Meat
29. Sanctuary
32. Nervous
34. Cat's claws locale
35. Muse of astronomy in ancient Greek mythology
37. Oscar-winner Ms. Field, to pals
38. Finale, in music
39. Montreal-born author of 1971 novel St. Urbain's Horseman: 2 wds.
42. "Titanic" (1997) actress Suzy
43. "There no '___' T-E-A-M."
44. Earlier match or round [abbr.]
45. Glasgow refusal
46. Beef up: 2 wds.
48. Desktop symbols
49. County in



- England
51. Shri! scream!
53. Dermatology plumping site
55. Magnitude
59. Taste, States-style
62. Workshop tool
63. Chill
64. Filmdom

65. Marathoner Ms. Pippig
66. 1970 war movie, when tripped!
67. Sophisticated
68. Coffee make ...the 'cafe' has been drunk
69. Sea eagles

DOWN

1. Sailing spar sort
2. World's biggest continent
3. Canadian composer Mr. MacDermot
4. Hairstyling woes: 2 wds.
5. Run ___ of (Conflict)

6. Toronto college; or, Roman statesman
7. "We had joy...": 1974 hit song for Winnipeg-born singer Terry Jacks: 4 wds.
8. 1970s carpeting choice
9. "Mr. ___" by Bobby Vinton

10. "Then...?": 2 wds.
11. For every
12. Expend
13. "Harper Valley ___"
21. Soaps actress Ms. Francis
24. Celebrity
26. NASA's moon program
27. Gradually-seen movie scene: 2 wds.
28. Lots of locusts
29. Compassionate to critters
30. Perfumes
31. Deviates
33. Dress undergarment
36. ___-tongued
38. Chess victor's declaration
40. Assists
41. Ye olde town announcer
46. Self-evident truths
47. Flowery
50. J.R.R. Tolkien: Middle-earth beings
52. Belonging to Des Moines' state
54. Address the heavens
56. Prince ___ (Alexander Borodin opera)
57. Change direction
58. Nays opposers
59. US broadcasting regulator
60. Tiny 'tiny'
61. Ms. Navarro, 2016 Presidential election commentator on CNN

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Conversations with authority figures (bosses, parents and the police) might be heated today. Chill out. Part of the problem is that something unexpected will catch you off guard.

Taurus April 21 - May 21
Avoid controversial subjects today, because people are entrenched in their own point of view and will listen to no one else. Therefore, save your breath! Travel plans will change.

Gemini May 22 - June 21
Keep an eye on your bank account to know what's happening today, because something unexpected might occur. It could impact inheritances and shared property agreements.

Cancer June 22 - July 23
Because something is unexpected, this could throw you off your game when dealing with partners and close friends. Do your best to stay calm so that you can handle the unexpected.

Leo July 24 - Aug. 23
Today your work routine will be interrupted by computer crashes, power outages, canceled meetings and such. Give yourself extra time so you have wiggle room to deal with this.

Virgo Aug. 24 - Sept. 23
Parents should be extra vigilant today, because this is an accident-prone day for their kids. Romantic partners will also encounter speed bumps. Oops. Be patient.

Libra Sept. 24 - Oct. 23
You like to keep the peace with others for your own peace of mind. Therefore, avoid arguments with partners and close friends today. Be cool.

Scorpio Oct. 24 - Nov. 22
This is a mildly accident-prone day for you, so pay attention to everything you say and do. If you are mindful and aware, you will be fine.

Sagittarius Nov. 23 - Dec. 21
Keep an eye on your money and cash flow today. Count your change. Double check your bills and invoices, because something unexpected will affect your wealth.

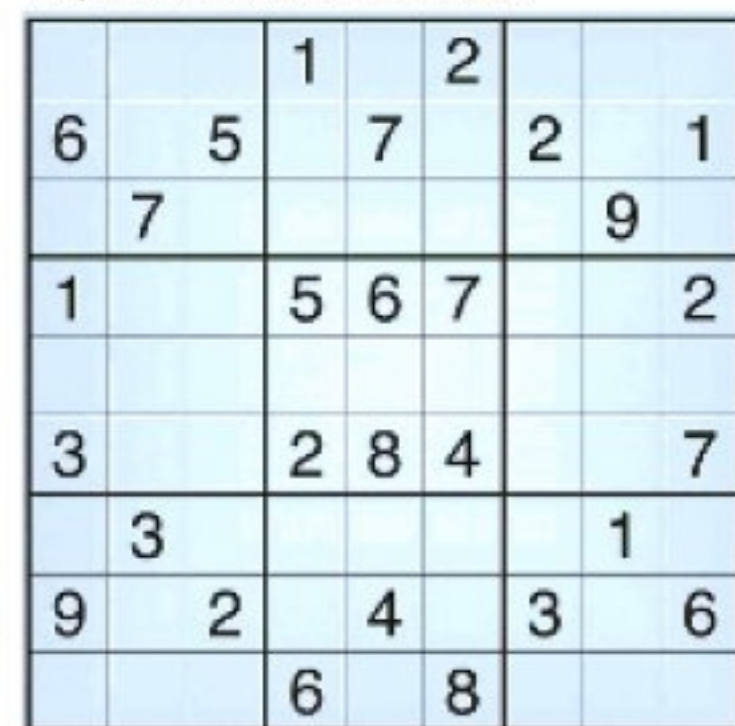
Capricorn Dec. 22 - Jan. 20
Today the Moon is in your sign, lined up with Pluto and at odds with Uranus. Guard against impulsive, impetuous behavior. Think before you act. Watch out for knee-jerk reactions.

Aquarius Jan. 21 - Feb. 19
Something hidden or behind the scenes will catch you off guard today. Patience and an unhurried pace will be your best approach.

Pisces Feb. 20 - March 20
A friend might surprise you today. Alternatively, you might meet someone who is a real character. This person likely will be bohemian or "out there" in some way — definitely unusual.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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